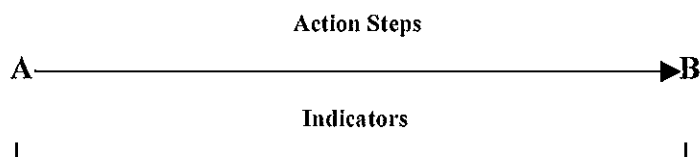


Appendix B

Please find attached "Action Plan: Elements of Change document.

ACTION PLAN: ELEMENTS OF CHANGE**1. Focus: Clear Statement of Vision**

To educate all students, families, and staff so that they have the knowledge to make healthy choices and to understand and maintain a sense of healthy and mental wellness.

2. Condition A: What is happening now?	4. Action Steps: To Get From A to B (list main activities)	5. Indicators: How will you gauge your progress?	3. Condition B: Desired Results (goals and objectives)
<p>1. Healthy Choices awareness is low among our students, families, and staff.</p> <p>2. Physical activity and education on well being is low among our students, families, and staff.</p>	<p>1. Include health news in PTO and School newsletters. Include Healthy recipes in PTO Newsletter. Create a survey of health concerns and issues to send to families and staff. Aurora health related instruction in each classroom.</p> <p>2. Implement Walking Southeastern Wisconsin walking program.</p> <p>Implement Wellness Warriors program for staff.</p>	<p>1. Survey of students, parents, and staff.</p> <p>Classroom polls/quizzes.</p> <p>2. Chart students progress.</p> <p>Monitor weight loss</p>	<p>1. To increase healthy choices education for students, families, and staff.</p> <p>2. To increase physical activity and educate students, families, and staff on the importance of a physical and mental well being.</p>

Adapted from W.A. Lofquist, the Technology of Prevention Workbook.

6. Action Step Details (see example on page 2)**Action Step: 1. Increase Healthy Choice Education and Awareness.**

Specific Activity	By Who? By When?	Resources (needed/available)	Progress Indicator
PTO Newsletter	PTO President/monthly	PTO President to buy into idea. Principal to encourage PTO President and staff to support Principal	Survey of Parents
School Newsletter	Principal and Secretary/ Monthly	Principal and Secretary to buy into idea and support	Survey of Parents
Health Fair and classroom education	Aurora Health Care Personnel/Fall and maybe Spring session	Principal to invite and coordinate health booths. Staff to help support and coordinate classroom efforts	Survey of health fair participants, students, and staff.

Action Step: 2. Increase Physical activity and education on healthy and mental wellness.

Specific Activity	By Who? By When?	Resources (needed/available)	Progress Indicator
Walking Southeastern Wisconsin program on our ½ mile fitness trail	Students	Principal to help support idea. Students willing to walk trail. Staff to monitor students walking trail and for recording progress.	Chart progress – when students complete ½ mile loop (lunch and recess) they will receive a card. When giving to staff member it will be recorded on progress chart.
Wellness Warriors	Staff	Willing staff to lose weight	Monitor and chart weight loss
Walking fitness trail after school hours	Students, family, staff, and community	Students, family, staff, and community to help promote and sell the benefits of using fitness trail.	Survey of students, family, staff, and community.

Action Planning: Identifying Key Issues

Create a list of priority issues related to your school health program. This can be done by reviewing your Wisconsin School Health Program Assessment Tool for assessment questions that were missed or scored low. Using the list of priority issues you have identified, your group should place the number of each issue on the grid below according to both its importance to supporting school health and wellness programs, and its ability to be changed by actions of the group.

